



Vol. 1, Issue 3

Eskan Village, Kingdom of Saudi Arabia

October 3, 2001

Eskan sends tribute to victims

By Army Lt. Col. Bob Hagen
ARCENT-SA Public Affairs

Far from home yet touched by the events on their own homeland, soldiers, airmen and civilians stationed at Eskan Village came together to sign banners of support and in tribute to the victims and their families back home.

"We may be half a world away from family, friends and comrades, but when the tragedy of Sept. 11 hit New York City and the Pentagon -- and the very heart and soul of America -- we felt we had to do something," said Air Force Master Sgt. Scott Nichols, 320th Expeditionary Civil Engineer Squadron Operations and Management chief.

According to Air Force Master Sgt. Todd Braun, NCOIC of the Environmental and Pest Control Management unit, the idea was spawned while a group of airmen were sitting around and talking with the chaplain when someone mentioned a banner. "The idea took off from there," he said.

"Someone designed the banners (one for NYC and one for the Pentagon) and took them to the local embroidery shop on base," Braun continued. "The banners, measuring nearly eight feet across, are completely embroidered right down to the fifty stars and thirteen stripes of the American flag. Someone else designed easels to hang the banners on for folks to sign. We all just came together to get it done."

"What was really special about the whole



Photograph by Army Lt. Col. Bob Hagen

Servicemembers deployed to Eskan Village sign banners for the victims of the Sept. 11 terrorist attacks in New York and the Pentagon. The banners can be signed at the Village Pub until Friday.

project was that no one even thought about the costs to make the banners and how we would pay to get them back home to the United States," Braun said. "Pretty soon airmen and soldiers were digging into their pockets and donating whatever they had to fund the effort. It was all paid for in a matter of minutes."

Airman First Class Tracy Layfield of Abington, Va., is a firefighter with the 320th

ECES. She was one of the first to sign the banner. "We saw the outpouring of support and sympathy from around the world and throughout America. Those of us stationed here felt this was one way to let the folks back home know that we share their pain and suffering and that our prayers are with them."

An irony was noted by the servicemembers
see TRIBUTE, Page 4



*Military Police
assume security
forces mission*

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*"First Kansas"
soldiers heading
home*

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Sound Off!

'First Kansas'... *America's citizen soldiers*

The National Guard, the oldest component of the Armed Forces of the United States, and one of the nation's longest-enduring institutions, celebrates its 365th birthday in 2001. The National Guard traces its history back to the earliest English colonies in North America. Responsible for their own defense, the colonists drew on English military tradition and organized their able-bodied male citizens into militias.

The Guard doubled the size of the Regular Army when it was mobilized in 1940, more than a year before Pearl Harbor, and contributed 19 divisions to that war, as well as numerous other units, to include Guard aviation squadrons. Over 138,000 Guardsmen were mobilized for Korea, followed by numerous smaller mobilizations for the Berlin Crisis, Vietnam, and numerous strikes

and riots at home. Over 63,000 Army Guardsmen were called to serve in Desert Storm, and in the decade since then, Guardsmen have seen a greater role than ever before, conducting peacekeeping missions in Somalia, Haiti, Saudi Arabia, Kuwait, Bosnia and Kosovo.

Of the approximately 778,000 soldiers that are authorized in U.S. Army Forces Command, the Army's largest major command, Army National Guard soldiers make up approximately 360,000, or 46 percent, of this total force.

Today's National Guard remains a dual state/federal force. The National Guard continues its historic dual mission, providing to the states, units trained and equipped to protect life and property, while providing the nation with trained units, equipped and ready to defend the United States and its interests around the globe, capable of providing orga-

nized and trained units to engage in missions shoulder-to-shoulder with the active Army.

Today, the National Guard fulfills a vital national defense role. From its origins as a self-equipped, community militia in colonial times, the National Guard has emerged as a well-armed fighting force and a valuable component in the nation's emergency preparedness network, the only force with this dual responsibility.

Understanding the role of our National Guard, "First Kansas" rises to the top and stands tall. As we say goodbye to our comrades in arms, America can be proud of its Citizen Soldiers ... especially the soldiers of Company A, 2nd Battalion, 137th Infantry, Kansas Army National Guard.

God Speed.

What was the highlight of your deployment to Saudi Arabia?



"The sunny days and working on my tan."

*Spc. Laramie Siebert
Company A 2nd Bn 137th
Infantry (SECFOR)*



"Serving in a real-world mission."

*Army Cpl. Doug Gibson
Company A, 2 Bn 137th
Infantry (SECFOR)*



"Deploying as a National Guard unit and doing an active duty mission"

*Army Staff Sgt.
Gene McCreight
Company A, 2nd Bn 137th
Infantry (SECFOR)*



"The feeling of pride and patriotism while being part of a real-world mission."

*Spc. Shane Black
Company A, 2nd Bn 137th
Infantry (SECFOR)*



"Serving in the active duty capacity. It's rare for the National Guard to serve like this"

*Spc. Gaylan Meyer
Company A, 2nd Bn 137th
Infantry (SECFOR)*



"Working with the active duty as well as the local nationals."

*Army 1st Lt. Brian Wittman
Company A, 2nd Bn 137th
Infantry (SECFOR)*

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Photograph by Army Sgt. John Cortez

Spc. Christopher Petschek, 1st Platoon, 59th Military Police Company from Fort Carson, Colo., patrols Eskan Village on a high mobility multipurpose wheeled vehicle, or

Humvee. The 59th MP Company assumed the security forces and force protection duties from the 320th Expeditionary Security Forces Squadron in late September.

MPs assume security forces duties

Army Sgt. John Cortez
ARCENT-SA Public Affairs

If you've been through the gates of Eskan Village lately you might have noticed some new faces guarding those gates. The 59th Military Police Company from Fort Carson, Colo., deployed to Saudi Arabia arriving in country on Sept. 9th.

"Our mission while in Saudi Arabia is to provide force protection and security for Eskan Village in support of U.S. Army Forces Central Command-Saudi Arabia," said Capt. Ben Iles, 59th MP Company commander.

Other duties for the "Warriors" of the 59th MP Company include monitoring the identi-

fication and vehicle searches as well as running the Pass and ID Section. They will also enforce traffic laws.

"Folks need to watch their speed while driving as well as making sure they're parked legally," Iles said. "If we catch people making any violations they will receive a ticket."

"We enforce the commander's rules," said 1st Sgt. James Young, 59th MP Company first sergeant. "We're not going to bend the rules for anyone. If we bend the rules for one person we have to bend it for everyone. That's not going to happen. We'll be professional and respectful to the residents of Eskan Village and provide them with a safe environment."

"Our top priority while deployed to Saudi

Arabia is force protection. That's our main mission," Iles added.

The 59th Military Police Company is the first MP Company to provide security and Force Protection for Eskan Village according to Young. The 320th Expeditionary Security Forces Squadron from the Air Force handled the job before the MPs took over. The change is in conjunction with Desert Shift.

Iles asks that folks on Eskan Village be patient while his MPs take over their security mission.

"MPs are different from the Air Force security forces," Iles said. "There will be changes in the way things are done. We ask for everyone's patience and to remember we're all on the same team."

SGLI family coverage Q's and A's

The Veterans' Opportunities Act of 2001 extends life insurance coverage to spouses and children of members insured under the SGLI program, effective November 1, 2001.

Who will be eligible for family coverage?

Family coverage will be available for the spouses and children of:

- Active duty Servicemembers and
- Members of the Ready Reserve of a uniformed service.

Family coverage will be available only for members insured under the SGLI program. It will not be available for those insured under the VGLI program.

How much family coverage will be available for my spouse and children?

You will be able to purchase up to \$100,000 of SGLI coverage for your spouse, in increments of \$10,000. However, you will not be able to purchase more SGLI coverage for your spouse than you have for yourself. For example, if you have \$50,000 of SGLI coverage, you may purchase only \$50,000 of SGLI coverage for your spouse.

Each dependent child of every active duty servicemember or reservist, who has SGLI, will automatically be insured for \$10,000.

What will the cost be for coverage for my spouse and children?

We are in the process of setting competitive premium rates for spouses. The premiums will be based on the age of the spouse and will be posted on our website as soon as they have been approved by the Secretary.

SGLI coverage for children will be free.

Will my spouse and children automatically be insured?

Yes. Beginning November 1, 2001 (the effective date of the law), SGLI coverage for your spouse and children is automatic.

If you do not want insurance coverage for your spouse, you may elect in writing not to insure him or her or you may insure your spouse for an amount less than \$100,000. The amount you choose must be in \$10,000 increments.

As coverage for children is free, servicemembers cannot decline or reduce coverage for any eligible child.

How will I pay the premiums for family coverage?

The premium for coverage for your spouse will automatically be deducted from your pay until you separate from service. Coverage will continue, at no extra cost to you, for 120 days following your separation from service.

You will pay no premium for your children, since coverage for them is free.

When will coverage for my spouse and children begin?

If you are currently married, coverage for your spouse will begin on November 1, 2001, when the law goes into effect. If you marry after the effective date of the law, coverage will begin on the date of your marriage.

Coverage for your children begins on November 1, 2001, when the law goes into effect. Coverage for children born after the effective date begins on the date of their birth. If you adopt a child, coverage begins on the date your child becomes your dependent.

When does coverage for my spouse and children end?

Coverage for your spouse will end 120 days after any of the following events:

- The date you elect to terminate your spouse's coverage
- The date you elect in writing to terminate your own coverage
- The date your coverage terminates
- The date of your death

- The date of your divorce

However, your spouse will be able to convert his or her coverage to a policy with a commercial company. See the information under the following question.

Coverage for your children will end 120 days after any of the following events:

- The date you terminate your coverage
- The date you separate from service
- The date of your death
- The date your children are no longer your dependents

Will my spouse be able to convert his or her insurance coverage?

Yes. Your spouse may elect to convert his or her coverage to a commercial policy with a participating company within 120 days following the events listed above. The Office of Servicemembers' Group of Life Insurance (OSGLI) will provide you with a list of the participating companies upon your request.

Will my spouse have the option to convert his or her coverage to VGLI?

No, VGLI coverage is not available for spouses or children.

Who will receive the insurance proceeds upon the death of a spouse or child?

You will be paid the proceeds due to the death of your spouse or child. If, however, you are married to another servicemember, the proceeds paid from the death of a child will be paid to the member who was eligible for coverage the longest. If you are separated or divorced from another servicemember, the insurance proceeds will be paid to the member who has custody of the child.

For more information, call the Office of Servicemembers' Group Life Insurance toll-free number at 1-800-419-1473 or e-mail osgli.osgli@prudential.com.

TRIBUTE, from Page 1

in Saudi Arabia and was best captured by Army Chaplain (Lt. Col.) Tommy Fuller of the Mississippi National Guard. "Here we are in Saudi Arabia -- a hazardous duty area -- defending America's allies," he said. "Soldiers and airmen receive Valentine's Day cards, Veterans Day poems and tributes, and even Christmas cards from students, family members, friends, comrades and people in the United States ... many from people we don't even know. We share the common bond of being Americans. They thank us for our service and tell us to be safe while we do our job so far from home," said Fuller.

Fuller sighs. "Who would have thought we would be sending our prayers and condolences to our fellow Americans back home?"

The tribute banners will be circulated around Esgan Village for the soldiers, airmen and civilians to sign before they are sent to New York City and the Pentagon later this week.



Briefly

Gas mask training

The 320th Expeditionary Civil Engineer Squadron Readiness Flight will conduct a NBC refresher class 3:30-4:30 p.m. today through Saturday at the Multipurpose Tent. Call in advance if sending an entire force, 50 or more people. For more information, call Air Force Staff Sgt. Glenn Shelton at 433-7622.

Cable television maintenance

The new point of contact for all cable television and close-circuit television needs is the 580th Signal Company Help Desk. Call the Help Desk for cable television troubles, new installations, close-circuit television system maintenance and AFRTS outages. For more information, call the Help Desk at 435-5800.

Cashier cage closure

The check cashing and currency exchange operations at the 320th Accounting and Finance Office close Thursday.

People will still be able to cash checks or exchange currency at the Army and Air Force Exchange Service and the USMTM cashiers.

The AAFES cashier is located in the Main Exchange. The hours of operations are Monday through Sunday from 10 a.m. to 7 p.m.

The USMTM cashier is located in Bldg. 59-33. The hours of operations are Saturday through Wednesday, from 8:30- 11:30 a.m. and 12:30-4 p.m.

Late fee relief

In the aftermath of the attacks on the World Trade Center and Pentagon, the flow of mili-

tary mail to and from overseas has been affected. Due to the delays caused by heightened security measures, Maj. Gen. Kathryn Frost, the Military Postal Service Agency executive director, has written a letter that may help those affected by these delays.

The letter is a request for creditors to exempt military members from late fees that creditors usually charge for late payment. The letter does not guarantee a credit card company or phone company will waive any late fees charged. Rather, the letter is intended to explain why a military member serving overseas has been late in making his or her monthly payment.

If you incur a late fee during the months of September and October, call the 320th Air Expeditionary Group Legal Office at 433-8227 or stop by Villa 67-23 for a copy of this letter.

Hispanic Heritage Program

ARCENT-SA hosts the Hispanic Heritage Program 11:30 a.m. to 1 p.m. Oct. 13 at the Eskan Community Club. The guest speaker is Lt. Col. Hector Villarreal. The event includes a Hispanic slide show, cultural displays and ethnic food sampling. The event is free. For more information, call Sgt. 1st Class Alfred Penny, the ARCENT-SA Equal Opportunity Advisor at 435-8306.

Holiday Greetings team visit

The Holiday Greetings team from the Army and Air Force Hometown News Service visits Eskan Village Oct. 21. Hometown greetings are 10-15 second messages available in both video and audio that give soldiers, airmen, sailors and Marines the chance to send video greetings to family and friends back home. For more information, call the Public Affairs Office at 435-4357 or 435-8197.

Cool links

Below are official links. If you have a link you would like to submit, e-mail it to editor@eskan.army.mil.

<http://www.arcent.army.mil> -- This is the official website for the United States Army Forces Central Command. You can learn more about the history of ARCENT as well as what's going on with ARCENT.

<http://www.perscom.army.mil> -- This is the website to U.S. Total Army Personnel Command's online resources. Here you'll find information on promotions, career branch newsletters and more.

<http://www.aimsrdl.atsc.army.mil> -- If you're looking to gain some promotion points this site is perfect. At the Army Correspondence Course Program website you can sign-up for correspondence courses. Some courses are even available online.

<http://www.adtdl.army.mil> -- The General Dennis J. Reimer Training and Doctrine Digital Library is your online resource for approved Army training and doctrine information. You can also download information to help out with correspondence courses.

Weekly Events

Beginner Racquetball Lessons

Thursday and Friday: 2-3 p.m. at the fitness center. For more information, call the fitness center at 498-2480.

Fitness Training Program

Saturday, Monday and Tuesday: 2-4 p.m. and 5-7 p.m. For more information, call the fitness center at 498-2480.

Frame Shop Class

Monday to Wednesday: by appointment only. For more information, call Pam Ray at 498-2480, extension 5732 or 5791.

Movie Night

Tuesday: 7 p.m. in the MWR Complex Meeting Room 2. For more information, call Prime at 435-6145.

Pick Up Volleyball

Sunday: 6-9 p.m. at Basketball/Volleyball court 1. For more information, call Mary at 498-2480, extension 5787.

Pick Up Basketball

Tuesday: 6-9 p.m. at Basketball/Volleyball court 1. For more information, call Mary at 498-2480, extension 5787.

Pick up Tennis

Thursday: 6-8 a.m. at Tennis Court # 1. For more information, call Mary at 498-2480, extension 5787.

Pick Up Ping-Pong

Friday: 6-8 p.m. in Meeting Room 1. For more information, call Mary at 498-2480, extension 5787.

Pick up Racquetball

Saturday: 5-9 p.m. at racquetball courts 3 and 4. For more information, call Mary at 498-2480, extension 5787.

Tennis Lessons

Wednesday to Monday: 5-7 a.m. at the fitness center. For more information, call the fitness center at 498-2480.

Pub Events

Today -- Dominoes, 7 p.m.; Ping Pong, 7:30 p.m.; Latino Night, 9 p.m.; Outdoor Movie Night, 7:30 p.m.

Thursday -- Subway, 5-9:30 p.m.; Combat Bingo, 7:30; 9-Ball, 8 p.m.; Country Night, 9 p.m.

Friday -- Chess Tournament, 7 p.m.; Darts, Euchre, 7 p.m.; Hearts, 7 p.m.; Variety Night, 9 p.m.

Saturday -- Spades, Putt-Putt and 8-ball, 7 p.m.; R&B Night, 9 p.m.; Outdoor Movie, 7:30 p.m.

Sunday -- Horseshoe, 7 p.m.; Dominoes, 7 p.m.; Arm Wrestling, 7:30 p.m.; Jazz Night, 8 p.m.

Monday -- Spades, 7 p.m.; Karaoke, 8 p.m.

Tuesday -- Subway, 5-9:30 p.m.; Foosball, 7 p.m.; Combat Bingo, 7:30 p.m.; Alternative/Metal/Rock Night, 8:30 p.m.



Courtesy of

Members of Company A, 2nd Battalion, 137th Infantry spent four months providing security for several Patriot missile sites like the one above spending days at a time at the sites.

‘First Kansas’ heads for home

Air Force Staff Sgt. Aaron Cram
320th Air Expeditionary Group Public Affairs

After months of providing security for U.S. personnel and equipment in the Kingdom of Saudi Arabia, the soldiers of “First Kansas” are heading for home.

For four months, Company A, 2nd Battalion, 137th Infantry provided security for Task Force 1-7, Air Defense Artillery from Ft. Bliss, Texas. The National Guard unit is successfully completing its first activation to federal service since World War II.

“The mission went very well, like I expected,” said Capt. Ron Boyer, Company A commander. “We have great soldiers and noncommissioned officers in the company. They did an outstanding job and adapted extremely well to these difficult conditions. Seeing everyone pull together, as a team has been a very rewarding experience for me.”

Boyer attributed some of the success of their deployment to the cooperation and unity with the task force.

“Our relationship with our active duty command element, Task Force 1-7, Air Defense Artillery, went extremely well,” he said. “I attribute this to having similar goals. We blended well with our active duty counterparts.”

Not only did the members of Company A

work a rotating schedule spending days at a time at the patriot sites providing security, they also had to find time for things like weapons training and battle drills, which tests the company’s ability to respond to an enemy threat.

To assist with the weapons training, the soldiers used a new weapon training system, the Weaponeer. The trainer helped soldiers practice the three fundamentals of shooting — trigger squeeze, aim and breathing. Soldiers trained on the Weaponeer and then went to the range to fire live rounds.

“This training was excellent for some of our younger soldiers,” said Sgt. Joseph Flanigan, a Company A squad leader. “Some of the soldiers we have never touched some of the weapons here. It’s a great learning experience to introduce them to new equipment and tactics.”

For Company A, their training started before they left Kansas. Training back home started in January at Fort Riley, Kansas. The soldiers spent their weekend drills and all of April at a mock patriot site honing the skills they would need for the deployment.

According to Sgt. Edward Montgomery Jr., the company’s armorer and assistant supply sergeant, the training they received in Kansas prepared them for almost everything they encountered during the deployment.

“Nothing can prepare you for this heat,” he

said. “It’s something you have to experience.”

While not working or trying to beat the heat, many of the Guardsmen took advantage of all the facilities and activities on base — the fitness centers and cultural classes being the most popular.

“The cultural classes were great,” Montgomery said. “There’s a lot of thing about this culture we don’t know until we attend these classes. For example, they can only have four wives and can’t get divorced.”

Now that the unit is heading home ending the unit’s first activation since World War II, the unit is starting to wrap up operations and are ready to return home.

“I know the soldiers and myself are definitely looking forward to returning home to our families, following this memorable experience and a job well done,” Boyer said. “They should be proud of themselves, as will be their families, the 2-137th Infantry Battalion, the Kansas Army National Guard, the State of Kansas and me.”

“I’m glad we were able to fill the mission when called upon,” said Army Sgt. 1st Class Tom Logan, the company’s administration NCO. “All of our soldiers volunteered and did a great job.”

(Editor’s note: 1st Lt. Brian Wittman, Company A, 2nd Battalion, 137th Infantry contributed to this article.)



Photograph by 1st Lt. Brian Wittman

Staff Sgt. Charles Walthall (left) and Spc. Jasun Baker familiarize themselves with a chemical agent monitor.



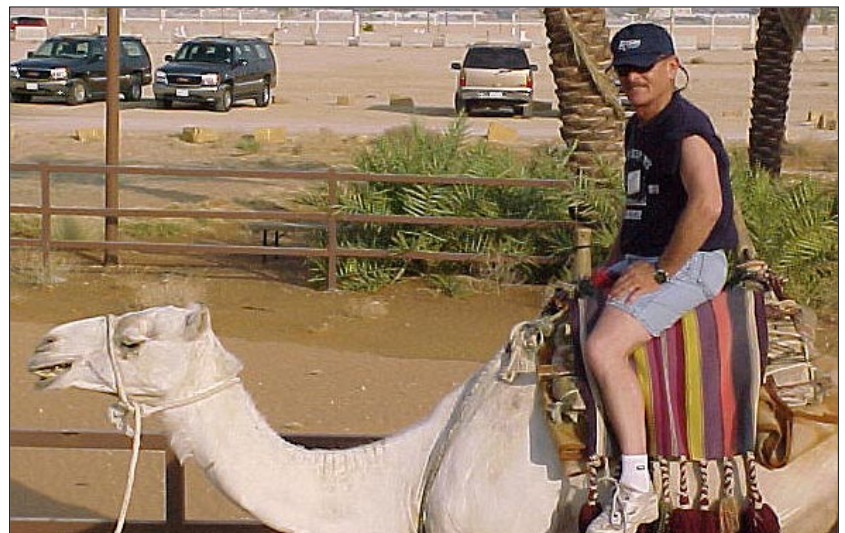
Photograph by Lt. Col. Bob Hagen

Cpl. Donnie Vestering watches the perimeter from a watch tower at a Patriot Missile site.



Photograph by Lt. Col. Bob Hagen

Spc. Kenneth Rock and other "First Kansas" soldiers guard their posts at one of the Patriot Missile sites.



Photograph by 1st Lt. Brian Wittman

Staff Sgt. David Welsh rides a camel during a culture class at the Eskan Village Cultural Center



Photograph by 1st Lt. Brian Wittman

A "First Kansas" soldier fires an M-9 at a target at the firing range.

Chief's Corner

Attack on America

By **Maj. Gen. Silas R. Johnson, Jr.**
 Chief, USMTM



On 11 Sept, the United States suffered a deliberate and coordinated attack at the hands of terrorists. The terrorists that committed these cowardly acts succeeded in the shameless massacre of innocent people and the destruction of our buildings of prestige. This attack was not just against American landmarks and people but all civilized countries. I ask that we all uphold the values of America and what made America great. We're in a fight for our principles, and

our first responsibility is to live by them. No one should be singled out for unfair treatment or unkind words because of their ethnic background or religious faith.

I join President Bush in saying to all Muslims throughout the world, "we respect your faith. It's practiced freely by many millions of Americans and by millions more in countries that America counts as friends. Its teachings are good and peaceful, and those who commit evil in the name of Allah blaspheme

the name of Allah." We know from our daily interactions with people here in the Kingdom that the enemy of America is not our Muslim or Arab friends. Our enemy is a radical network of terrorists and every government that supports them.

These terrorists do not understand that hitting our landmarks isn't the same as hitting our spirit, and our spirit can't be shaken. These terrorists were short sighted in their efforts. Though this is a terrible and tragic chapter in our proud American history, one thing we can rely on is that our American spirit will not falter.

And finally, please continue praying for the victims of terror and their families, for our fellow soldiers in uniform and for our country. Prayer has comforted us in sorrow and will help strengthen us for the path ahead.

"I ask that we all uphold the values of America and what made America great. We're in a fight for our principles, and our first responsibility is to live by them."

Coping With Stress

By **Maj. Danilo Hoyumpa**
 Chief, Medical Services

This has been a stressful past few weeks for our nation, and I thought it would be helpful to give some tips on dealing with stress:

Signs and Symptoms of Stress:

Back pain	Constipation or Diarrhea
Depression	Anxiety/Fatigue
Poor concentration	Relationship problems
Stiff neck	Weight gain or loss
Headaches	High Blood Pressure
Upset stomach	Sleep problems
Appetite problems	Tearfulness

Screening for Post-Traumatic Stress Disorder (PTSD):

DREAMS: A Mnemonic for Screening for Post-traumatic Stress Disorder

Detachment

Re-experiencing the event

Event had emotional effects

Avoidance of anything that reminds the person of the event

Month in duration

Sympathetic hyperactivity or hypervigilance

see **STRESS**, Page 9

All Eskan Columbus Day Cookout Volunteers Needed

Columbus Day activities start at 5 p.m. Saturday at the Eskan Community Pool. Come out for loads of fun and great food, featuring hot dogs & hamburgers and all the trimmings. The Fun Run will take place at 1830. All food and events are free.

VOLUNTEERS NEEDED!! Contact one of the following organizations for more information: 320th SVS (433-8088/8735), MWR-SCO/ARCENT (435-7839), MWR-SAO (498-2480 x5790)

Those wishing to contribute articles to this publication are welcome to provide inputs to USMTM-DCSI, email: petersenj@riyadh-emh3.sppn.af.mil, Ph: 435-7131. Inputs for publishing (pictures encouraged) must be in electronic format. We reserve the right to edit inputs for style and content.

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 Master Sgt. Jason Petersen.....Managing Editor
 Praushad Rasheed.....Design Editor

Star of the Week



Photograph by Praushad Rasheed

Lt. Col. Ron Mozzillo presents **Staff Sgt. Chad Maiwald** a Support Group Certificate of Achievement for his selection as the Support Group **"STAR"** employee of the week. He is the NCOIC, Passenger Travel Service

STRESS, from Page 8

Tips for Dealing with Stress:

- Debrief — Talk with others about the stressful situation, verbalizing your emotions and examining your reactions to the events (This is used as a technique to prevent the development of PTSD)
 - Regular aerobic exercise
 - Stretching — Roll head in gentle circle; roll shoulders; reach toward ceiling; bend side to side slowly; bend to touch toes/floor
 - Deep, relaxed breathing
 - Muscle relaxation technique — Start with one muscle. Hold it tight for a few seconds, and then relax the muscle. Do this with all of the muscles, from head to toes.
 - Meditation or prayer
 - Resist the temptation to use alcohol to blunt the pain of a stressful situation
 - Maintain a well balanced diet and get proper amount of sleep
 - Keep an eye on coworkers/friends/family for any hint of suicidal thoughts
 - Seek professional help at the Joint Aid Station if needed
- (Editor's note: Maj. Hoyumpa is a doctor with USMTM assigned to the Joint Aid Station.)

Pearl of Wisdom

"He that won't be counseled can't be helped."

-- Benjamin Franklin

"8 October 2001, A Date to Remember"

By Command Sgt. Maj. Mike Taylor
 USMTM

Army personnel of the United States Military Training Mission are bringing in the new millennium with the Black Beret on 8 October. The Beret is a symbol of excellence throughout Army history, and those who have worn it have been recognized for their versatility, agility, and ability to adapt in fluid situations. As the Army evolves, it's standards continue to elevate. Our duty is to uphold these standards and lead the way, as the World's premier fighting force. The Black Beret Induction Ceremony is conducted in recognition of those outstanding accomplish-

ments of our Army, past and present.

As stated by the Chief of Staff of the Army, General Shinseki, on the wearing of the beret, "It's not about increasing recruit-



ing; we achieved our recruiting target of 180,000 recruits last year — without a Beret.

It's not about retention; for the second year in a row, we exceeded our reenlistment goal by a wide margin — without a Beret. It's not about morale; Soldiers are ready today to go into harm's way. It's about our excellence as Soldiers, our unity as a force and our values as an institution."

Initially there was much skepticism about the Black Beret but, as our leadership embraced the concept, every soldier did the same. This speaks volumes to change, how we approach it, and personal commitment. Everyone must make adjustments for the greater good of the whole, "no part is greater than the sum total". "The Army of One" is more than a motto or commercial. It signifies the team concept and reinforces the value of "selfless service".

The Black Beret is a change whose time has come. On 8 October, adopting this headgear will solidify our strength in agreement and unity. The Beret is a special headgear...for special soldiers; wear it with pride and dignity!

For the week
of Oct. 3 - Oct. 10

Eskan Entertainer



Services Movies

Eskan Movie Channel 1

First movie will start at 5 p.m. daily. The rest of the movies are played back to back as the previous one ends. After all four movies are played, filler movies are played until 5 p.m. the next day. (*All movies are subject to change)

Today

- 1) Sugar and Spice
- 2) It Happened One Night
- 3) The Sixth Day
- 4) Way of the Gun

Thursday

- 1) Mr. Mom
- 2) A Lesson Before Dying
- 3) The King Of Marvin Gardens
- 4) Small Time Crooks

Friday

- 1) Close Encounter
- 2) Jerry Maguire
- 3) Mission Impossible
- 4) The Blues Brothers

Saturday

- 1) Lawrence of Arabia
- 2) Joseph King of Dreams
- 3) The Faculty
- 4) MVP

Sunday

- 1) Best in Show
- 2) Dragonheart
- 3) Cast Away
- 4) The Substitute

Monday

- 1) Bats
- 2) Hamlet
- 3) Ghost
- 4) Stir of Echoes

Tuesday

- 1) Get Carter
- 2) Groundhog's Day
- 3) Extreme Evolution
- 4) Grizzly Falls

Oct. 10

- 1) Eye of the Beholder
- 2) Bedazzled
- 3) Space Jam
- 4) Conair

Eskan Movie Channel 2

First movie will start at 5 p.m. daily. The rest of the movies are played back to back as the previous one ends. After all four movies are played, filler movies are played until 5 p.m. the next day. (*All movies are subject to change)

Today

- 1) An Officer and Gentleman
- 2) Joe the King
- 3) Scream 3
- 4) Lethal Weapon 2

Thursday

- 1) Drowning Mona
- 2) My Life So Far
- 3) The Insider
- 4) Full Metal Jacket

Friday

- 1) Lonesome Dove
- 2) The Imposter
- 3) Hollowman
- 4) U.S. Marshals

Saturday

- 1) Summer of Sam
- 2) Arlington Road
- 3) Hollywood Confidential
- 4) The General

Sunday

- 1) The Green Mile
- 2) Highball
- 3) Citizen X
- 4) Stigmata

Monday

- 1) Face/Off
- 2) Dungeons and Dragons
- 3) South Park
- 4) Mystery Men

Tuesday

- 1) The Crow
- 2) The Pest
- 3) The Fugitive
- 4) Restraining Order

Oct. 10

- 1) The Mask of Zorro
- 2) God's Army
- 3) Rushmore
- 4) Bless the Child

For more TV times go to <http://www.afrts.osd.mil/afnontv/default.htm>. Local time is Central European Time plus two hours. So 9 a.m. CET time is 11 a.m. local time. Because the schedule is based on an earlier time zone, when viewing early morning show times, go to the day prior. Users may experience some difficulties with this web site. For listing on TMC, TV Land, Discovery, Nickelodeon, Paramount and MTV go to http://www.showtimearabia.com/network/channel_listings.htm.

Today	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Bonehead Detectives	
5:30 p.m.			Hang Time (TV-G)	<35> Late Show w/ David Letterman
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	
6:30 p.m.	Batman (TV-G)		Headline New s	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Baseball Tonight	CNN/SI	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillbillies (TV-G)	Baseball Tonight	Headline News	Go For Broke (TV-PG)
8 p.m.	Star Trek: Next Generation	MLB	Sabrina, The Teenage Witch	<50> Movies 'Til Dawn Let's Do It Again (TV-PG)
8:30 p.m.	When the Bough Breaks	Teams TBD	Boy Meets World (TV-PG)	
9 p.m.	Nova (TV-PG)		Dark Angel (TV-14)	
9:30 p.m.	Hitler's Lost Sub		And Jesus Brought A Casserole	
10 p.m.			Temptation Island (TV-14)	
10:30 p.m.				
11 p.m.	NYPD Blue (TV-14)	MLB	Headline New s	Headline New s
11:30 p.m.	Lucky Luciano	Team TBD	<35> Tonight Show w/Jay Leno	ESPNews
midnight	Spectrum Movie			Today

Thursday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Pokémon (TV-Y)	
5:30 p.m.			Superman '96	<35> Late Show w/ David Letterman
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	
6:30 p.m.	Batman (TV-G)		Headline New s	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Sports	CNN/SI	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillbillies (TV-G)		Headline New s	Grease (TV-PG)
8 p.m.	Gilmore Girls (TV-PG)		Friends (TV-PG)	
8:30 p.m.	Pilot		The Steve Harvey Show	
9 p.m.	Antiques Roadshow		Will & Grace (TV-14)	<05> Movies 'Til Dawn
9:30 p.m.	Nashville, Tennessee		<35> The Drew Carey Show	Shenandoah (TV-PG)
10 p.m.	Survivors (TV-PG)		NYPD Blue (TV-14)	
10:30 p.m.	Technological Terror		Family Ties	
11 p.m.	X-Files (TV-14)		Headline New s	Headline New s
11:30 p.m.	Tithonus		<35> Tonight Show w/Jay Leno	ESPNews
midnight	Spectrum Movie			Today

Friday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Moesha (TV-PG)	
5:30 p.m.			Sabrina, The Teenage Witch	<35> Late Show w/ David Letterman
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	
6:30 p.m.	Batman (TV-G)		Headline New s	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Inside The NFL	CNN/SI	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillbillies (TV-G)		Headline New s	A Walk In The Clouds (TV-PG)
8 p.m.	Charmed (TV-14)	SPORTS	The Simpsons (TV-PG)	
8:30 p.m.	Witch Trial		Malcolm In The Middle	
9 p.m.	Crocodile Hunter (TV-G)		Family Movie	Movies 'Til Dawn
9:30 p.m.	Sidewinders of Arizona		MTV 2001 Video Music Awards	Searching For Bobby Fischer
10 p.m.	The Keepers (TV-G)			
10:30 p.m.	Safari			
11 p.m.	Iron Chef (TV-PG)		Headline New s	Today
11:30 p.m.	Mishima Beef		<35> Tonight Show w/Jay Leno	
midnight	Spectrum Special			

Saturday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Law & Order (TV-PG)	Reese Witherspoon/Alicia Keys
5:30 p.m.	Mr. Bean		Hubris	
6 p.m.	The View	College Gameday	Headline New s	It's Show time At The Apollo
6:30 p.m.		NFL Countdown	Navy/Marine Corps New s	
7 p.m.	Better Homes & Gardens (TV-G)	Sports	Sports (Live)	Sports (Live)
7:30 p.m.	A Baby Story (TV-PG)			
8 p.m.	Frasier (TV-PG)			
8:30 p.m.	Friends (TV-PG)			
9 p.m.	Party Of Five (TV-14)			
9:30 p.m.	Forgive and/or Forget			
10 p.m.	Beverly Hills, 90210 (TV-14)			Headline New s
10:30 p.m.	Aunt Bea's Pickles			Hour Of Power
11 p.m.	Any Day Now (TV-14)			Celebration Of Victory
11:30 p.m.	Homegirl			Coral Ridge Hour
Midnight	Masterpiece Theatre (TV-14)			The Word In The World

Sunday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.	Star Trek (TV-PG)		WWF Superstars (TV-14)	The Drew Carey Show (TV-PG)
5:30 p.m.	Plato's Stepchildren			Walker, Texas Ranger (TV-PG)
6 p.m.	Swamp Critters Of Lost Lagoon	College Gameday	Xena: Warrior Princess	The Avenging Angel
6:30 p.m.	Lifestyle Magazine	NFL Countdown	Soul Possession	America's Black Forum
7 p.m.	The 700 Club	Sports	Sports (Live)	Sports (Live)
7:30 p.m.	Real Videos			
8 p.m.	The Simpsons (TV-PG)			
8:30 p.m.	Malcolm In The Middle (TV-PG)			
9 p.m.	Everybody Loves Raymond			
9:30 p.m.	Will & Grace (TV-14)			
10 p.m.	ER (TV-14)			
10:30 p.m.	Middle of Nowhere			
11 p.m.	Magnum P.I. (TV-G)			
11:30 p.m.	Death And Taxes			
midnight	All In The Family (TV-G)			

Monday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Popular Mechanics For Kids	
5:30 p.m.			The Amanda Show (TV-Y)	<35> Late Show w/ David
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	Letterman
6:30 p.m.	Batman (TV-G)		Headline News	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Sports	CNN/5I	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillsbillies (TV-G)		Headline News	American Graffiti (TV-PG)
8 p.m.	Dawson's Creek (TV-14)		AFN Special Primetime Emmy Awards	<10> Movies 'Til Dawn House Calls (TV-PG)
8:30 p.m.	Two Gentlemen of Capeside			
9 p.m.	Discover Magazine			
9:30 p.m.	Science of Guns			
10 p.m.	Space Age (TV-G)			
10:30 p.m.				
11 p.m.	Law & Order (TV-14)		Headline News	Headline News
11:30 p.m.	Hunters		<35> Tonight Show w/Jay Leno	ESPNews
midnight	Spectrum Movie			Today

Tuesday	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Nick News (TV-Y)	
5:30 p.m.			Are You Afraid Of The Dark?	<35> Late Show w/ David
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	Letterman
6:30 p.m.	Batman (TV-G)		Headline News	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Sports	CNN/5I	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillsbillies (TV-G)		Headline News	Butch Cassidy &
8 p.m.	Ed (TV-PG)		7th Heaven (TV-PG)	The Sundance Kid
8:30 p.m.	The World of Possibility		Tunes	
9 p.m.	Inside The Actors Studio (TV-G)		Primetime Movie Rumble in the Bronx (TV-14)	<05> Movies 'Til Dawn
9:30 p.m.	Laurence Fishburne			Angels In The Outfield (TV-PG)
10 p.m.	Biography			
10:30 p.m.	Benedict Arnold			
11 p.m.	The Practice (TV-14)		Headline News	Headline News
11:30 p.m.	Crossfire		<35> Tonight Show w/Jay Leno	ESPNews
midnight	Spectrum Movie			Today

Oct. 10	Spectrum	AFN Sports	AFN Atlantic	AFN Pacific
5 p.m.			Bonehead Detectives	
5:30 p.m.			Hang Time (TV-G)	<35> Late Show w/ David
6 p.m.	Scooby Doo (TV-G)	SportsCenter	Jeopardy!	Letterman
6:30 p.m.	Batman (TV-G)		Headline News	<35> ESPNews
7 p.m.	I Dream Of Jeannie	Sports	CNN/5I	<05> Movies 'Til Dawn
7:30 p.m.	The Beverly Hillsbillies (TV-G)		Headline News	Alien Nation (TV-PG)
8 p.m.	Star Trek: Next Generation		Moesha (TV-PG)	
8:30 p.m.	Home Soil		Boy Meets World (TV-PG)	<40> Movies 'Til Dawn
9 p.m.	Frontiers Of Flight		Buffy The Vampire Slayer	Dog Day Afternoon (TV-PG)
9:30 p.m.	Powered Flight		Buffy vs. Dracula	
10 p.m.	Battlefield		Temptation Island (TV-14)	
10:30 p.m.	The Battle For North Africa			
11 p.m.	NYPD Blue (TV-14)		Headline News	Headline News
11:30 p.m.	Tea and Sympathy		<35> Tonight Show w/Jay Leno	ESPNews
midnight	Spectrum Movie			Today

Note: <time> means the show begins at that time. For example, <35> in a 5:30 p.m. show means the show begins at 5:35 p.m.

Hours of Operation and Phone Numbers

ACS Gift Shop -- 498-3280
Saturday - Wednesday, 10 a.m. to 6 p.m.
Barber Shop -- 435-8665
Saturday - Thursday, 10 a.m. to 7 p.m.
Sunday - Tuesday, 8 a.m. to 9 p.m.
Base Exchange -- 433-8749
Sunday - Thursday, 10 a.m. to 7 p.m.
Friday, 10 a.m. to 6 p.m.
Baskin Robbins -- 435-3701
Daily - 11 a.m. to 9 p.m.
Beauty Shop -- 435-6700
Sunday - Wednesday, 11:30 a.m. to 7 p.m.
Ceramics Shop -- 498-2480 ext. 5735
Monday - Wednesday, 2 to 8 p.m.
Thursday - Friday, 9:30 a.m. to 6 p.m.
Commissary --
Sunday - Thursday, 10 a.m. to 7 p.m.
Friday, 10 a.m. to 6 p.m.
Desert Deli/Arabian Store--
Wednesday - Saturday, 8 a.m. to 10 p.m.
Sunday - Tuesday, 8 a.m. to 9 p.m.
Education Office -- 435-8366
Saturday - Tuesday, 9 a.m. to 7 p.m.
Friday, 9 a.m. to 5 p.m.
Eskan Community Club -- 435-6050
Catering Services and Cake Orders
435-7621
Take-out Breakfast
435-6051
Frame Shop -- 498-2480
Monday - Wednesday, 2 to 8 p.m.
Thursday - Friday, 9:30 a.m. to 6 p.m.
Green Beans Cafe -- 435-6701
Saturday - Thursday, 7 a.m. to 10 p.m.
Friday, 7 a.m. to 1 p.m.
Health & Fitness Center -- 498-2480 ext. 5793
Daily, 5 a.m. to 9 p.m.
Swimming Pool
Daily, 7 a.m. to 10 p.m.
Outdoor Courts
24 hours a day
Laundry/Dry Cleaners -- 435-7636
Saturday - Thursday, 10 a.m. to 7 p.m.
Friday, noon to 5 p.m.
Multimedia Center -- 498-2480 ext. 5788
Saturday - Wednesday, 11:30 a.m. to 8 p.m.
Thursday - Friday, 10:30 a.m. to 7:30 p.m.
Mirage Dining Facility -- 433-8910
Breakfast 4 to 8 a.m.
Lunch 10:30 a.m. to 1:30 p.m.
Dinner 4 to 8:30 p.m.
Midnight meal 10:30 p.m. to 1 a.m.
Post Office -- 435-7902
Saturday - Wednesday, 8 a.m. to 5 p.m.
Thursday, 8 a.m. to 4 p.m.
Riyadh Chinese Restaurant -- 435-8703
Ruby Jewelers -- 435-6705
Saturday - Thursday, 10 a.m. to 7 p.m.
Friday, 10 a.m. to 5 p.m.
Well-Done Tailors -- 435-6702
Saturday - Monday, 1 to 7 p.m.
Wednesday - Thursday, 1 to 7 p.m.
Wood Shop -- 498-2480 ext. 5734
Monday - Wednesday, 2 to 8 p.m.
Thursday - Friday, 9:30 a.m. to 6 p.m.

Relief act protects servicemembers

For people in the U.S. armed forces, there is no greater responsibility than providing the nation's defense. It takes precedence over all other obligations.

That fact, coupled with ongoing operations in support of President Bush's campaign against terrorism, has led Secretary of Defense Donald H. Rumsfeld to institute the Soldiers' and Sailors' Civil Relief Act, effective Sept. 24.

Enacted by Congress in 1940, the act is designed to protect military people from certain legal obligations while providing the nation's defense.

The act provides assistance to members during legal proceedings and with meeting financial obligations. Military service often hampers peoples' ability to protect their rights, said Maj. William Youngblood, reserve judge advocate, Air Force legal assistance division at the Pentagon.

"The purpose of the SSCRA is to strengthen the defense of the United States by suspending enforcement of some civil liabilities so servicemembers can devote their entire attention to defense," he said. "It's beneficial for every servicemember to be aware of the law's general provision so they'll know when they are involved in a situation and may be protected."

Youngblood said the law applies only to full-time active-duty people, including the activated reserve component. It provides five types of protection for financial obligations. They are:

- Postponing collection actions on any civil obligation;
- Prohibiting repossessions and foreclosures without court permission;
- Setting a maximum interest rate of 6 percent on all pre-service obligations;
- Allowing servicemembers to terminate

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-- Maj. William Youngblood
Pentagon Air Force legal assistance division.

leases with 30 days prior notice; and

- Permitting the Veterans Affairs to guarantee life insurance premiums in order to continue coverage.

"Creditors do not have an affirmative duty to find out whether SSCRA might apply when a loan or other obligation is not repaid in a timely matter," Youngblood said. "In order to take advantage of these protections, the servicemember must advise the court or creditor that SSCRA protections are sought. It is also important to remember that none of these protections apply if the obligation is incurred after entering active duty."

However, the relief act provides additional protection for obligations arising both before and after entering active duty.

These include the postponement of legal actions until such time as the service member is able to return and adequately protect his or her interests. To obtain this protection, the court must be advised of the active-duty commitment and find the service member's participation has been materially affected.

Youngblood said it is best to contact a legal assistance attorney before asking a court to stay in a proceeding of this nature.

The act also prohibits courts from entering default judgments against active duty servicemembers unless the party filing the action follows specific guidelines set forth in the statute.

Youngblood said landlords with military tenants also have restrictions. A service member who enters a lease for less than \$1,200 a month cannot be evicted for up to three months without a court order.

Other protections include:

— The relief act extends the time when a service member may file suit or have suit filed against them by eliminating the time served on active duty. Youngblood said because legal actions are filled with pitfalls, it's best to speak with an attorney before allowing any period of limitation to expire.

- Active-duty people cannot be taxed other than by their state of domicile. This prohibits multiple states from taxing people.

- Powers of attorney are extended for military people missing in action.

- Health insurance companies are required to reinstate any coverage in effect the day prior to active duty that was terminated during military service for both the person and their family.

Youngblood said it is important for people to know that creditors and insurance companies cannot initiate adverse credit ratings, deny credit or take any adverse financial action based solely on the fact that a military person invoked the protections of SSCRA.

For more information, call the 320th Air Expeditionary Group Legal Office at 433-8227 or the ARCENT-SA Legal Office at 435-8276. (AFPN)

Oasis of Peace

Wednesday

- 5:30 p.m. -- Catholic Mass, Oasis Chapel
- 7 p.m. -- Promise Keepers, Oasis Chapel

Thursday

- 7 p.m. -- AA Group, Chapel Villa
- 7 p.m. -- Gospel Choir Rehearsal, Oasis Chapel

Friday

- 8 a.m. -- Catholic Mass, USMTM Community Center
- 9:45 a.m. -- Protestant Friday School, USMTM

- 11 a.m. -- Protestant Worship Service, USMTM

- 7 p.m. -- Sundaes on Friday, Chapel Villa Roof

- 8:15 p.m. -- Protestant Contemporary Choir rehearsal, Oasis Chapel

Saturday

- 5:30 p.m. -- Catholic Mass, Chapel Tent

- 6:30 p.m. -- Protestant Gospel Choir rehearsal, Oasis Chapel

Sunday

- 9 a.m. -- Catholic Mass, Oasis Chapel

- 9 a.m. -- Protestant Bible Study -- Chapel Villa
- 10:30 a.m. -- Contemporary Protestant Worship Service

- Noon -- Protestant Gospel Worship Service, Oasis Chapel

- 5:30 p.m. -- Latter Day Saints Service, Chapel Villa

- 7 p.m. -- Church of Christ Service, Chapel Villa

- 7 p.m. -- Evangelical Service, Oasis Chapel

Monday

- 5:30 p.m. -- Catholic Mass, Oasis Chapel

- 7 p.m. -- Catholic Choir Rehearsal, Oasis Chapel

Tuesday

- 5:30 p.m. -- Catholic Mass, Oasis Chapel

- 7 p.m. -- Protestant Bible study, Oasis Chapel

- 8:15 p.m. -- Contemporary Service Choir rehearsal, Oasis Chapel